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THE ULTIMATE FALL HIKING BUCKET LIST

LEAF LOVERS WELCOME

There's something special about getting outdoors and hiking this time of year. The air is crisp, the bugs are (mostly) gone, and the trees show off their fiery red, yellow, and orange leaves. Whether you're a seasoned trekker or just looking to enjoy leaf-peeping and fresh air, fall is the ultimate season to hit the trails. And the U.S. is brimming with stunning places to do just that.

ASPEN, COLORADO

Come September, the mountainsides come alive with beautiful golden aspen leaves, hence the name! Hikes like the Cathedral Lake Trail or Maroon Bells Scenic Loop offer beautiful views of alpine lakes with gorgeous foliage and snow-dusted peaks. Just be sure to bring layers — mountain weather can be moody!

ACADIA NATIONAL PARK, MAINE

If you want coastal charm mixed with fall colors, Acadia National Park delivers. Right along Maine's gorgeous coastline, this park is full of color and stunning ocean views — a rare combination!



GREAT SMOKY MOUNTAINS, TENNESSEE AND NORTH CAROLINA

The Smoky Mountains are a fall favorite known for their endless ridgelines and misty valleys. Mid-to-late October is peak foliage season, especially along trails like Alum Cave or Clingmans Dome.

COLUMBIA RIVER GORGE, OREGON

If you're looking for some of the most gorgeous waterfalls you've ever seen, the Columbia River Gorge is the spot! Trails like Multnomah Falls or Eagle Creek offer pretty fall colors, mossy cliffs, and cascading waterfalls.

SHENANDOAH NATIONAL PARK, VIRGINIA

Just a short drive from Washington, D.C., Shenandoah National Park is a hidden gem for fall hiking. The Dark Hollow Falls Trail offers a challenging climb with stunning views of the Blue Ridge Mountains. For something gentler, the Stony Man Trail is perfect for families and still offers breathtaking scenery. With over 500 miles of trails, Shenandoah is a fall favorite on the East Coast.



SEPTEMBER
2025

BURGDORF BEAUTY INSIDER



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Rewired by Positivity

HOW REFLECTION, MINDSET, AND ONE APP HAVE MADE ME BETTER

I didn't even know there was a Positive Thinking Day until recently. But once I learned that Sept. 13 is the day, I thought, "Of course there's a day for this, and I'm here for it!" Honestly, I live for this kind of stuff.

See, I've always been into rethinking and reevaluating how I approach life. I don't just reserve it for New Year's resolutions. It's more like a rhythm I've built into my months, weeks, and even days. I enjoy checking in with myself, reflecting, and staying aware of what's fueling me versus what's draining me. And a big part of that is positive thinking.

One way I keep a positive mindset is through this app I've been using lately: the Growth Day app, run by Brendan Burchard, if you're curious. Every morning, I fire it up and listen to a quick 5-10-minute podcast. It's usually Brendan himself, but sometimes he brings in other thought leaders, too.

The topics are always powerful: relationships, commitment, motivation, self-esteem, and leadership. It's all in the personal development space and designed to help you kick off your day with the right mindset. Honestly, it's helped me become more intentional about what I let into my brain. Instead of waking up and doomscrolling through headlines about politics or celebrity nonsense, I focus on content that will lift and move me forward.

What's been really cool is seeing how this shift has impacted others. I've shared some of

these lessons with my team and my kids. It's fascinating to see how the positivity trickles down. Brendan is a naturally upbeat guy, even when he's tackling tough subjects. He always puts a spin on things that makes you think, "Okay ... yeah, I can approach this differently. I do have a role to play in how this turns out."



That mindset and idea of how we think can influence even tough outcomes has become a huge part of how I live and work. It's not about pretending problems don't exist. It's about believing you can face them with strength, optimism, and purpose.

For patients going through post-operative healing, there's a ton of uncertainty. It's overwhelming. They're anxious, scared, and wondering what recovery will look like. That's where our team steps in, not just with

care, but with encouragement, presence, and consistency.

We don't just check in for six weeks and say, "You're good." We stick with them for a year. We bring them back in at three months, six months, 12 months, whatever it takes to ensure they know we support and value them.

The healing process takes time, especially for something like a breast lift. It might be four months before someone really sees the final results. Those early visits are filled with reassurance and reminders that it will get better; what they're experiencing is expected, and this is part of the journey. Positive thinking isn't fluff — it's crucial. It calms the nerves, builds trust, and helps healing happen in more ways than one.

That's why having a day dedicated to positive thinking is brilliant. It gives us an excuse, if we even need one, to pause, recalibrate, and ask, "What am I feeding my mind right now? Is it helping or hurting?" Maybe Positive Thinking Day can remind us all to be more mindful of our mindset, not just on Sept. 13 but every day after.

One final thought: If you've never thought about how powerful your thoughts really are, maybe this Sept. 13 is the day to start. You might be surprised by what shifts.

—Dr. Mike

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IT’S NOT JUST A LACK OF WILLPOWER

The Real Psychology Behind Cravings

Do you ever find yourself reaching for chocolate late at night or suddenly craving salty chips in the middle of the afternoon? You’re not alone and definitely not “lacking willpower.” Food cravings are a complex mix of biology, psychology, and emotional cues, and understanding them can help you respond in healthier, more intentional ways.

Cravings are a universal experience.

Studies show that over 90% of people experience food cravings, with women more likely to crave sweet foods like chocolate, and men more often craving savory options like meat or pizza. So, if you’ve ever thought you were alone in your cravings, know that this is a near-universal human experience.

Your brain’s reward system is driving the urge.

Cravings often originate in the brain’s limbic system, responsible for behavior, emotion, and long-term memory. When

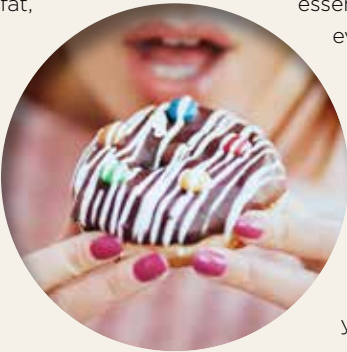
you’re stressed or low, your brain searches for a quick dopamine hit, the “feel-good” chemical. Foods high in sugar, fat, or salt can deliver that boost quickly, which is why comfort foods are hard to resist.

Processed foods foster addiction.

Research from the University of Michigan has shown that highly processed foods can stimulate the brain’s reward centers in ways similar to addictive substances. That’s why stopping after one cookie or chip can feel nearly impossible — the brain is wired to want more.

Cravings may signal physical needs.

Not all cravings are emotional. Sometimes, your body is genuinely trying to tell you something. For example, craving chocolate may indicate a magnesium deficiency, while



craving salty foods can indicate dehydration or a lack of electrolytes. That said, it’s essential to pause and assess. Not every craving means your body needs that exact food.

Memories and emotional triggers play a role.

Many food cravings are tied to learned behaviors and emotional associations. If you were rewarded with sweets as a child, your brain might now associate ice cream with comfort or safety. These conditioned patterns are powerful, but you can reprogram them.

Food cravings aren’t just about what’s in the pantry. They’re about what’s happening in your brain, body, and emotions. When you understand the drivers of your cravings, you can make choices that support your well-being instead of fighting these urges blindly.

BIG ROOMS, BIG DREAMS

WHY OUR NEW SURGERY CENTER WAS WORTH THE WAIT

After nearly four years of perseverance, passion, and plenty of red tape, we’re thrilled to say our brand-new surgery center is just about ready to open its doors. What was originally pitched as a seven-month project turned into a multiyear journey filled with inspection hurdles, supply chain delays, and code approval chaos. But through it all, we’ve kept our eyes on the prize: creating a state-of-the-art, patient-centered space unlike any other.

Our surgery center is tucked discreetly into the back entrance of our building and offers easy parking, seamless access, and complete privacy. Inside, you’ll find two massive 20-by-20-foot operating rooms, the largest we could build, equipped with top-tier surgical lighting and cutting-edge equipment. Unlike cramped hospital ORs,

ours give surgical teams the freedom to move comfortably and work at their best.

The patient experience was the focus in every design decision we made. We ditched the curtain-divided bays you see in traditional hospitals and instead installed four fully private pre- and post-op rooms. Each has barn-style sliding doors and full-length mirrors, which allow for clear communication and comfort as we finalize surgical plans together. These rooms not only enhance privacy but also create a calm, welcoming environment for patients during what can be a stressful time.

We’ve gone above and beyond with features like a refrigerator-size sterilizer to maintain the highest standards of cleanliness, a full medical gas room, and a well-equipped nurse’s station. Even the waiting room and



consult area were carefully designed so post-op family conversations can happen in a private, relaxed space.

You’ll even spot guitars signed by country music stars (thanks to our Music City roots), including one from Kenny Chesney, along with a few customized guitars featuring yours truly. Music even plays a role on surgery day. Patients get to choose their “entry song” for the operating room. Whether it’s something to calm the nerves or pump up the energy, we’ve got the playlist covered.

We built this center to be the kind of place we’d want for ourselves or our loved ones — private, advanced, warm, and a little bit personal. We can’t wait to welcome you in.

Inject Beauty YOUR STEP-BY-STEP GUIDE TO A HOLIDAY GLOW

Are you ready to look and feel your best just in time for holiday parties, family photos, and candid moments under the mistletoe? This three-month glow-up plan, put together by Loreen, our board-certified injector and family nurse practitioner, will help you build, refine, and perfect your look step-by-step so your confidence will shine as brightly as the lights when the holidays arrive.

SEPTEMBER — BUILD YOUR FOUNDATION

September is all about recovery and renewal. After months of sun, sweat, and sunscreen, your skin is likely feeling the effects of summer. Now’s the time to reset.

- Laser treatments and microneedling are fantastic for repairing sun damage, improving texture, and boosting collagen production.
- Kick off your Sculptra journey to gradually restore facial volume and stimulate your skin’s natural collagen over time.

- Consider a chemical peel to slough off dull summer skin and reveal a brighter complexion.
- If you’re looking for a lift without surgery, PDO thread lifts can tighten and define with little downtime.
- Update your medical-grade skin care routine to combat sun damage and deeply hydrate. Moisture is key as the weather starts to shift.

OCTOBER — REFINE AND ENHANCE

Now that your skin is refreshed, it’s time to fine-tune those features.

- Neurotoxins like Botox or Dysport can smooth fine lines and prevent deeper wrinkles just in time for the colder months.
- Dermal fillers add volume where needed in areas such as your cheeks, under-eyes, or smile lines.
- Give your skin a regenerative edge with DermaPRP, combining

microneedling and platelet-rich plasma for radiant, healthy skin.

These enhancements need time to settle, so doing them in October ensures you’ll look natural and refreshed when the holiday season hits full swing.

NOVEMBER — FINE-TUNE THE DETAILS

With events and photo ops around the corner, now’s the time for finishing touches.

- Schedule neurotoxin touch-ups to keep lines smooth.
- A lip flip or subtle lip filler can enhance your smile for those festive photos.
- A light chemical or laser peel will bring out your glow without the heavy downtime.
- Finish with dermaplaning to remove peach fuzz and dead skin, giving your makeup a flawless canvas.

Your best holiday glow doesn’t happen overnight, but with this plan, it’ll look like it did. Start now, and you’ll be radiant by the time the holidays arrive!

SEPTEMBER SKIN REVIVAL Don’t Miss Our Glow-Up Specials

As summer fades, now’s the perfect time to renew and refresh your skin, and our September specials make it easier than ever!

This month, take advantage of our **BOGO Offer** on the Perfect Derma Peel: Buy one, get one free to target sun damage, acne scars, and uneven tone for a smoother, brighter complexion.

Thinking about laser or microneedling? Elevate your treatment with the powerful healing and rejuvenating power of exosomes, now **\$100 off** with any laser or microneedling service. This upgrade enhances results and speeds recovery, making your glow-up even more effective.

And for those looking to correct pigmentation and restore radiance, our BBL (BroadBand Light) therapy is a must. When you buy two treatments, you’ll receive the third **FREE**. It’s a perfect way to prep your skin for the holidays.

These offers are only available through September, so book now and give your skin the fresh start it deserves!

INSPIRATION

“You are never too old to set another goal or to dream a new dream.”
– C.S. Lewis